

Promoting Health and Success for All Children

Summer Physical Education Camp for Teachers Prospector Square - Park City, Utah June 9, 10, 2008 - Tentative Agenda

Purpose: This annual summer workshop is intended to expand the knowledge base of elementary classroom teachers so that they may have a clear understanding of the revised physical education core and the tools to implement it effectively.

Objectives: Through this workshop teachers will understand:

- The revised core curriculum.
- The physical, social and psychological effects of childhood obesity.
- Basic nutrition and the new *Food Guide Pyramid*.
- Techniques and available resources to teach sports skills, fitness, and proper nutrition.
- Methods to adapt instruction to meet the needs of all students.
- Yoga techniques and other 5-10 minute energizers that can be used in the classroom.
- Methods to integrate physical education into other curricular areas.
- The importance of staff wellness and modeling healthy behaviors.
- Strategies for personal fitness and stress management.

Description: This annual summer camp for classroom teachers will be a hands-on, learn-by-doing experience to equip educators with the latest knowledge and strategies for delivering the revised physical education core curriculum. Master physical educators and experts from community agencies will make presentations on sports skills, proper nutrition, and personal fitness planning. In addition to information and resources, participants will receive a \$100.00 stipend for their participation

Monday, June 9

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| 7:00 - 8:30 | Registration/Continental Breakfast |
| 8:30 - 9:30 | Childhood Obesity Presentation |
| 9:40 - 10:30 | Core Curriculum |
| 10:40 - 11:45 | Jump Rope Demonstration |
| 11:45 - 12:30 | Lunch |
| 12:30 - 2:30 | Breakout #1 |
| 2:40 - 4:40 | Breakout #2 |
| 5:30 - 7:30 | Dinner Session (<i>Staff Wellness Strategies</i>) |

Possible Breakouts

Sports Skills/Playground Activities
Classroom Energizers/Assessment
Adaptive Physical Education
Integrated Physical Education
Cup Stacking
Rope Jumping
Yoga
Balancing Sticks

Tuesday, June 10

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| 7:00 - 7:30 | Morning Aerobics or Water Aerobics |
| 8:15 - 9:00 | Breakfast |
| 9:00 - 9:55 | Nutrition Education |
| 10:05 - 12:05 | Breakout # 3 |
| 12:15 - 1:00 | Lunch |
| 1:10 - 3:10 | Breakout # 4 |
| 3:20 - 4:00 | Closing Session |